Supplementary Information for:

Digital behavior, mental health, and environmental attitudes among undergraduate students: A data-driven study

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Table S1. Anonymous online survey (Google Forms) questionnaire.

Digital habits

1. How many hours do you spend on your phone daily?
    - Less than 3 hours
    - 3-6 hours
    - 6-8 hours
    - More than 8 hours
2. What type of apps do you use the most?
    - Social media (Instagram, Facebook, etc)
    - Entertainment (YouTube, OTT, etc)
    - Gaming (COC, FreeFire, etc)
    - Educational
3. How often do you check your phone in a 1-hour study session?
    - 0-1 times
    - 2-3 times
    - 4-5 times
    - More than 5 times
4. Do you feel your screen time has increased in the last year?
    - Yes, a lot
    - Slightly
    - No change
    - Decreased
5. How often do you use your phone right before sleeping?
    - Always
    - Often
    - Sometimes
    - Rarely
6. Do you use any apps/tools to manage your screen time?
    - Yes
    - No
    - I don't know about such tools
    - I tried but stopped using them
7. Has excessive screen time affected your daily life (sleep, focus, study)?
    - Yes, severely
    - Slightly
    - Not really
    - Not at all

Mental health and academic pressure

8. How often do you feel stressed about academics?
    - Almost daily
    - 2-3 times a week
    - Rarely
    - Never
9. How many hours of sleep do you get on average?
    - Less than 5 hours
    - 5-6 hours
    - 6-8 hours
    - More than 8 hours

10. Do you find it hard to concentrate while studying?
    - Very often
    - Sometimes
    - Rarely
    - Never
11. Do you talk to someone when you feel anxious or stressed?
    - Yes, friends
    - Yes, family
    - No, I keep it to myself
    - I talk to a counsellor or professor
12. Have you missed classes or assignments due to mental exhaustion?
    - Yes, multiple times
    - Once or twice
    - Never
    - Prefer not to say
13. Which activity helps you relax the most?
    - Gym/Sports
    - Talking to friends/family
    - Sleeping
    - Phone (social media, Music, etc)

Environmental awareness

14. Do you bring a reusable water bottle to college?
    - Always
    - Sometimes
    - Rarely
    - Never
15. How do you usually dispose of waste on campus?
    - Use proper bins
    - Throw wherever I find space
    - I take it back home
    - I don't pay attention
16. Would you be interested in joining an eco-club or green initiative in your college?
    - Yes, definitely
    - Maybe
    - No
17. Do you think environmental education should be a part of the regular curriculum?
    - Yes
    - No
    - Maybe
    - Not sure

Demographics

18. What is your academic stream?
    - Science
    - Arts
    - Commerce
19. Which department do you belong to?
    - *Open-ended response: "Like: Statistics or Geography or else just write your department*"

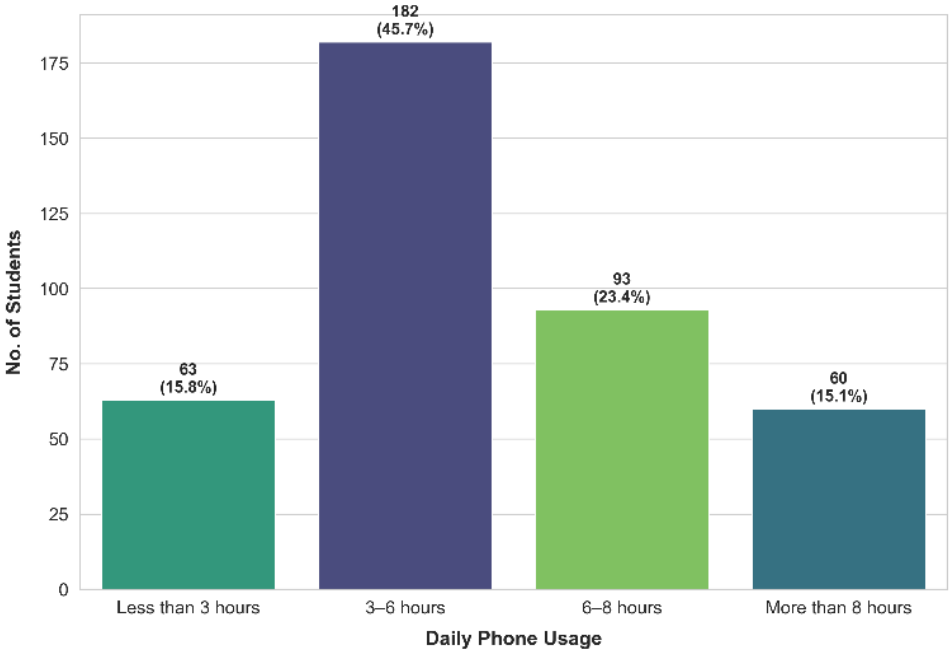

Figure S1. Daily phone usage among college students.

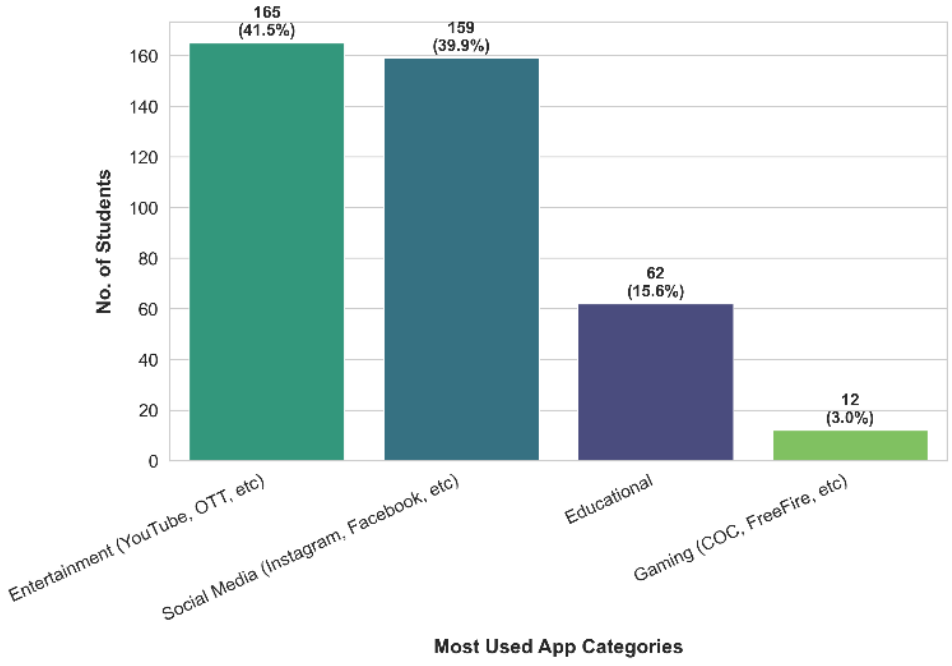

Figure S2. Most frequently used application types.

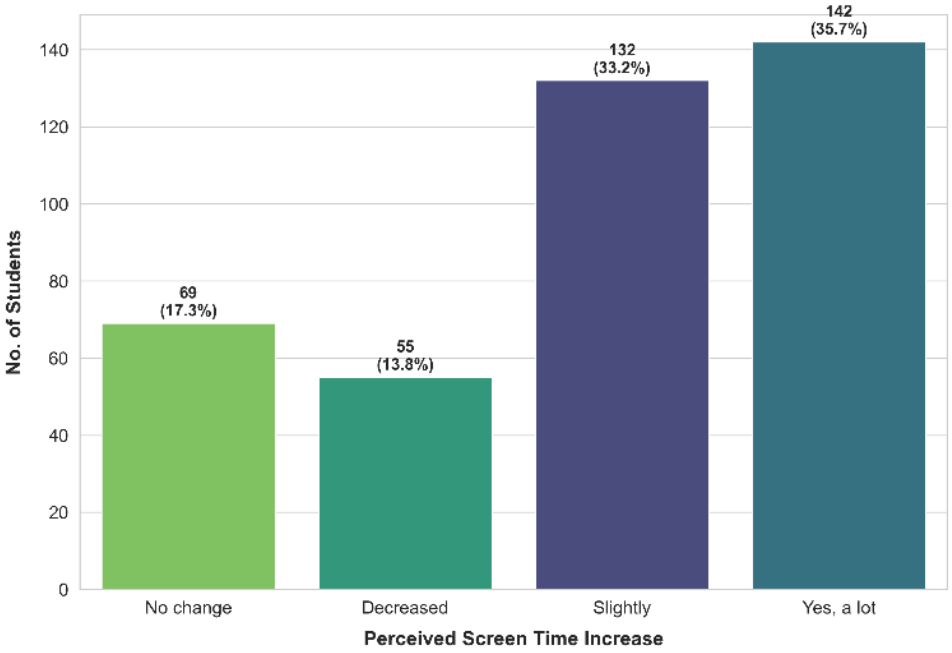

Figure S3. Perceived change in screen time over the last year.

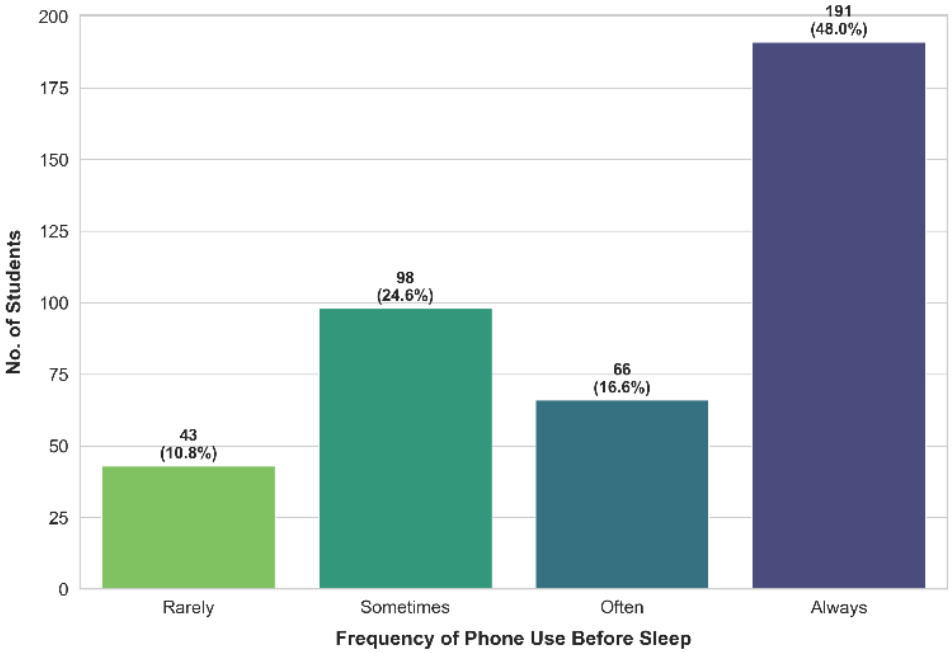

Figure S4. Phone usage before sleeping.

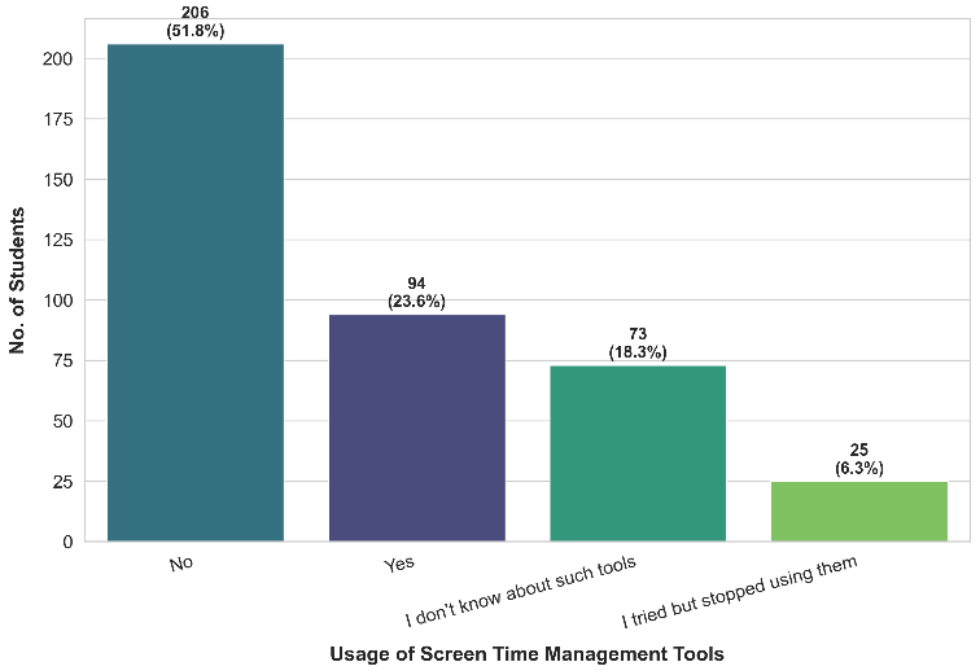

Figure S5. Usage of screen time management tools.

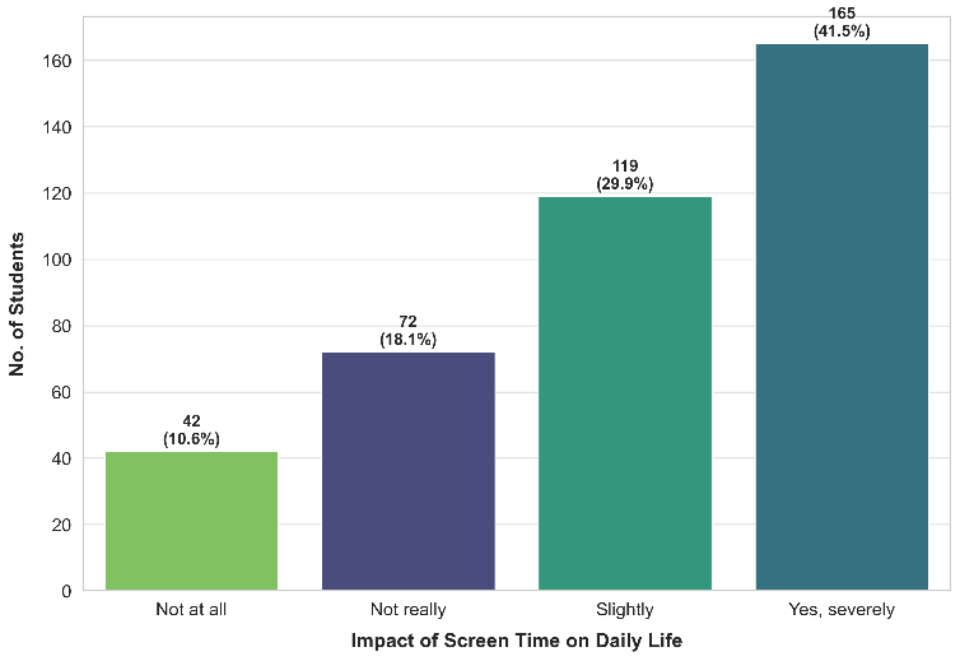

Figure S6. Impact of excessive screen time on daily life.

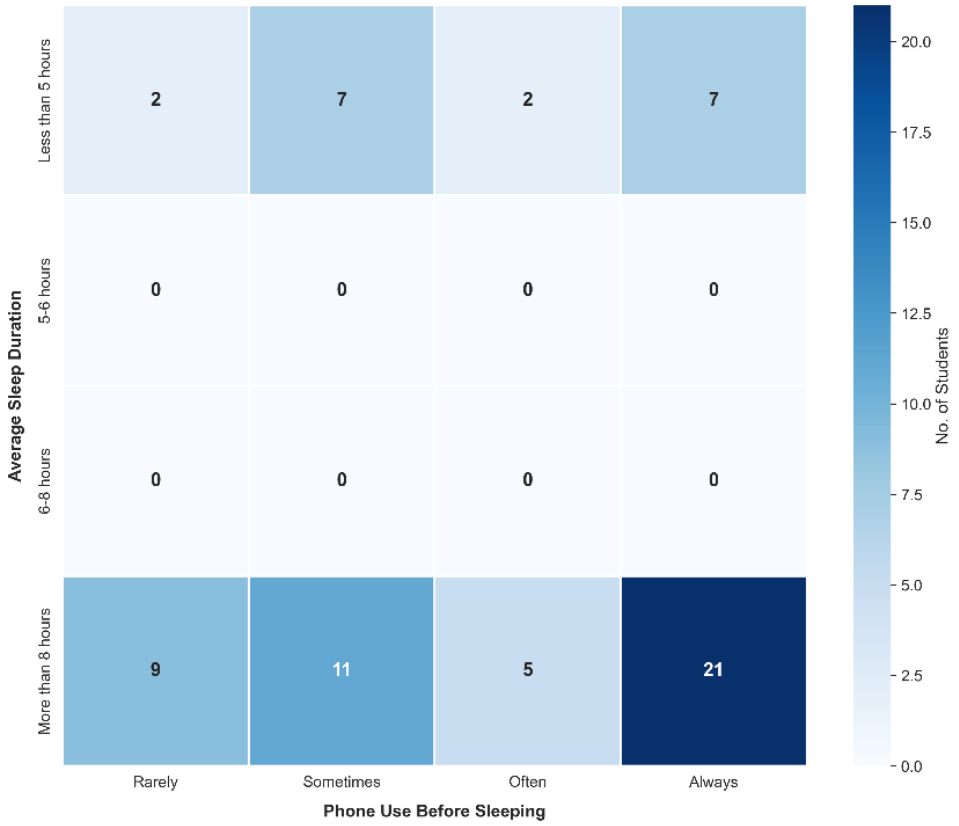

Figure S7. Sleep duration and pre-bedtime phone use.

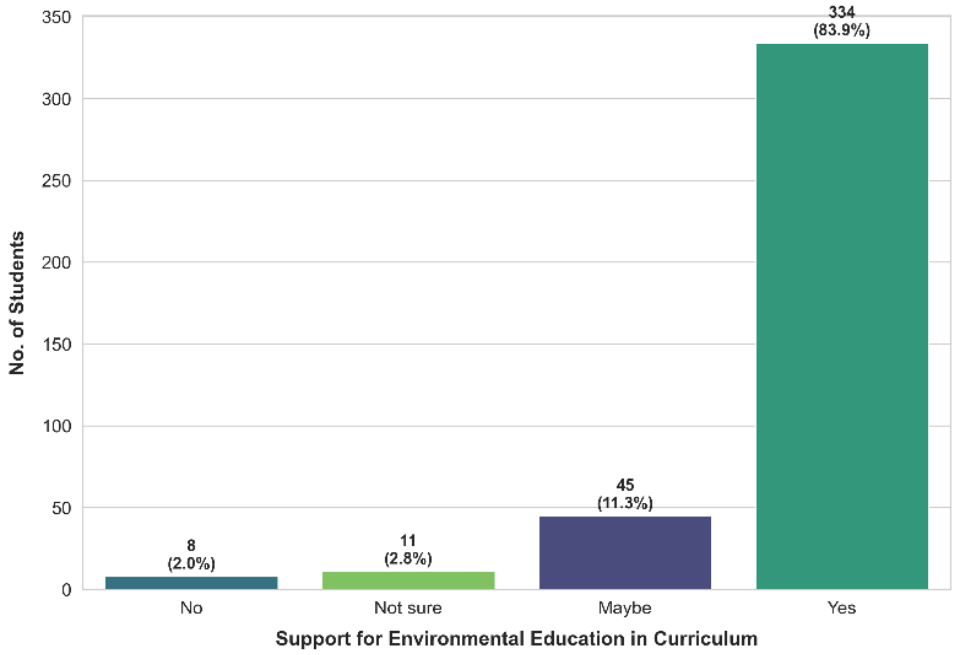

Figure S8. Environmental attitudes among college students.

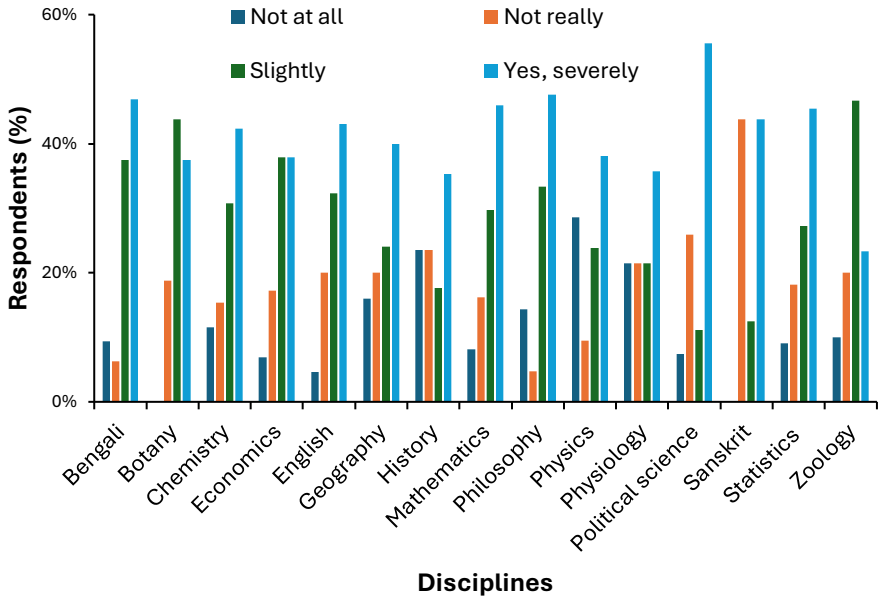

Figure S9. Impact of excessive screen time on daily life.

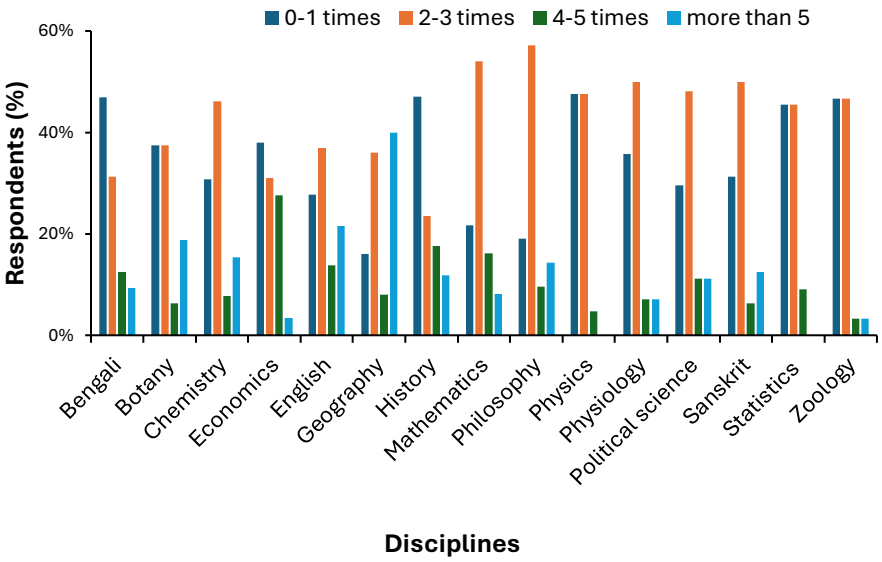

Figure S10. Phone checking frequency in a 1-hr study session.

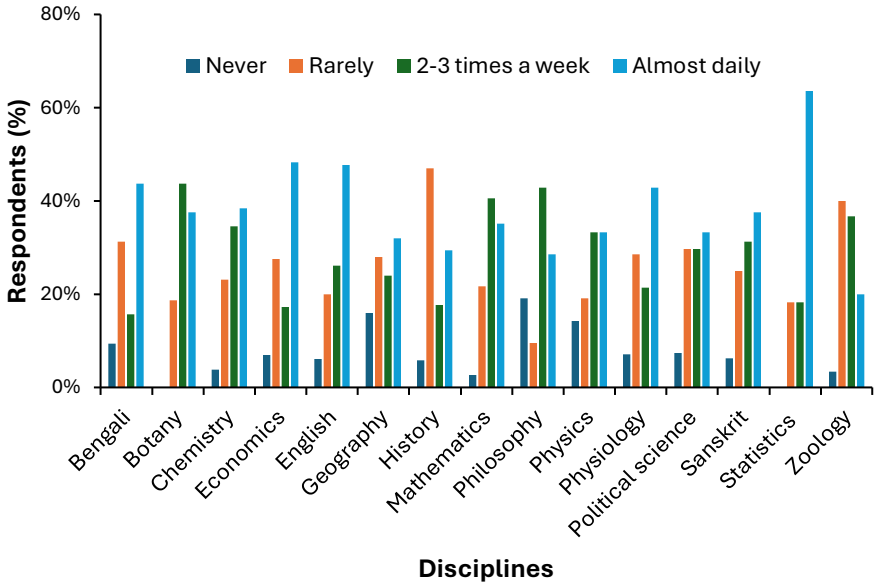

Figure S11. Discipline-wise academic stress.

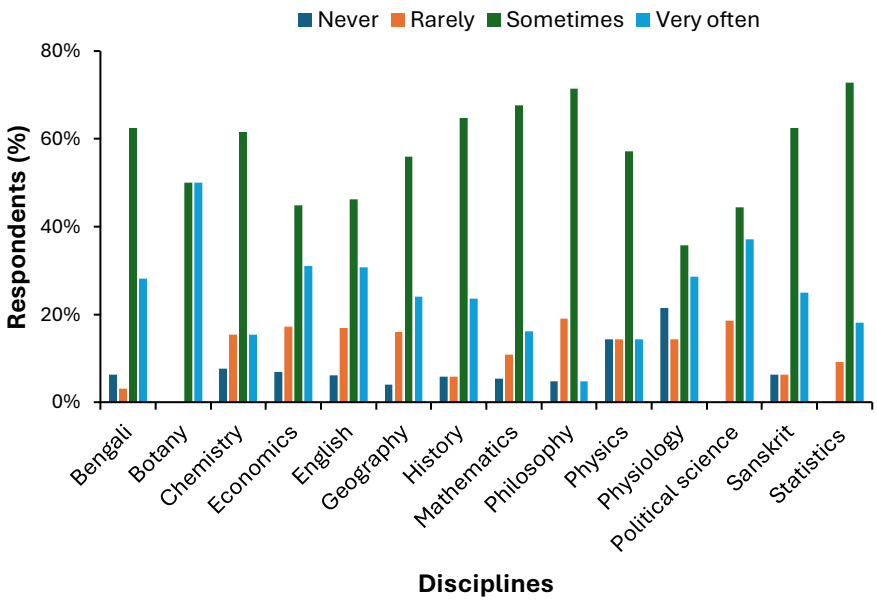

Figure S12. Difficulty to concentrate while studying.

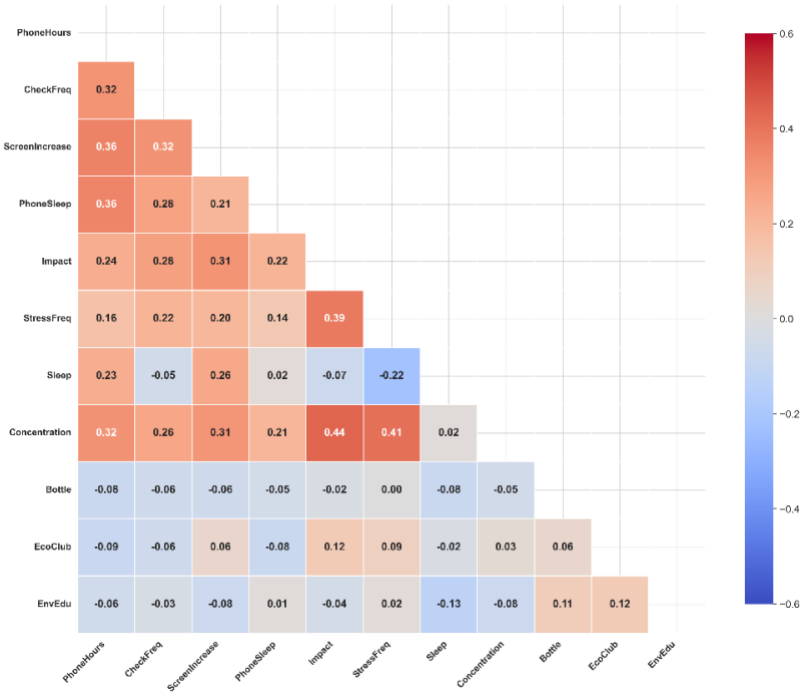

Figure S13. Spearman correlation heatmap of surveyed variables.